

Week 5

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Chapter 7 of the JA book was so helpful. I learned that when adults use negative labels such as "stop acting like a baby," it can be confusing and harmful for young children. It doesn't help them understand why they are being criticized or how they can improve their behavior. Children need guidance and support to learn how to manage their emotions and behave in a more appropriate manner. Instead of using negative labels, adults should describe and interpret the child's behavior. For instance, if a child is crying and upset because they need to leave the playground, an adult might say, "You're upset and mad because we need to leave the playground. I know it's hard to leave when you're having fun, but we can come back again soon." By acknowledging the child's emotions and the situation at hand, the adult can help the child understand why they are feeling the way they do, and offer reassurance and guidance on how to manage those feelings.

Another insightful reading in chapter 8 was Bed-wetting, also known as enuresis, is more commonly seen in boys than girls and is not considered a problem until after toilet training is well established. The cause of enuresis is not fully understood, although stress and illness can exacerbate it. When bed-wetting persists, it's important for the child to undergo a comprehensive medical examination to rule out any underlying pathology.

While I was reading that I was thinking about my sister because she suffers from bed-wetting and she doesn't know why. According to the authors they say that the most effective approach to dealing with bed-wetting is one that minimizes each episode and avoids making the child feel

guilty or ashamed. Unfortunately my Parents are hard on my sister. Punishing or ridiculing the child for bed-wetting can lower their self-esteem and cause additional stress, which may make the problem worse.

Last point that I found very interesting is in chapter 2 of MCA, which challenges the idea of closure that is commonly associated with grief and loss. The author suggests that the idea of closure is a myth, as death does not put an end to a relationship, but rather to the physical presence of a person. She argues that when people experience a loss, it can be either a "clear-cut" loss or an "ambiguous loss". Clear-cut loss refers to the death of a person, while ambiguous loss can arise from a situation where the person is physically absent but still psychologically present, such as when a person goes missing or experiences dementia.